

Dance



Dance is about expression using the body usually to music. It uses skills such as coordination, strength, balance, flexibility, rhythm and routine. Dance can be choreographed to respond to a range of stimuli that can be linked to other school curriculum subjects.

Sport Coaching Group aspires to provide the opportunity for all children to access sport as well as providing an inclusive environment in which to operate. Our experienced and highly trained coaches exhibit an engaging environment where children are able to strive for excellence whilst also being equipped with the appropriate skills to participate in sport for life.

KS1

In KS1 we focus on fun and engaging activities that surround dance skills. They will be working on copying and remembering basic movement patterns, these can be put to music. There will also be a focus on learning to respond to different stimuli.

KS2

In KS2 we focus more on learning more advanced routines. They will be working on routines and skills that combine flexibility, techniques, and movements to create fluent sequences. The sessions will also be looking at skills such as spatial awareness, confidence, and memory.

General Information

Our company always provides a high quality of coaching no matter what sport we provide and we always encourage and allow children to strive for excellence and inspire them to achieve greatness. However, our main priority is to provide the children with the opportunity to get involved under any circumstance. Inclusion, diversity and equality are essential in all our lessons and we strive to equip each child with the appropriate knowledge and skill set in order to compete and learn to use in and most importantly out of our sessions in everyday life.